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BLADDER INFECTIONS --how to treat and prevent e-coli infections

Because of the proximity of the urethra to fecal contaminants and the relatively short length of the female urethra, bladder and kidney infections (UTI's) are much more common in women than in men.

Symptoms of bladder infection generally include:

- An urgent need to urinate.
- Painful or burning urination.
- Urination is typically frequent and even after the bladder has been emptied, there may be a desire to urinate again.
- Urine may appear cloudy and often has a strong unpleasant odor.
- Clear urine with no yellow color can also be an indication of bladder infection.
- There may be blood in the urine.
- Abdominal pain.
- The presence of chills, fever and low back pain can indicate kidney involvement.

General recommendations for bladder health include:

- Drink plenty of fluids, particularly purified water and pure, unsweetened cranberry juice. High fluid intake promotes a strong urine flow needed to wash bacteria out of the urinary tract.
- Support the immune system and avoid refined sugar products that can suppress the immune system.
- Do not delay emptying the bladder and make sure the bladder is emptied completely.
- Keep genital and anal areas clean and dry. (Women should wipe from front to back after emptying the bladder or bowels.)
- Urinate and cleanse the genital area before and after intercourse.
- For active bladder infections caused by E-coli, **U-Tract™** pure D-mannose powder or **U-Tract Plus Capsules™** with Swedish pollen extract and synergistic herbs is recommended. UTI's caused by bacteria other than E-coli will require appropriate antibiotic treatment.

Personal for Men

While recurrent bladder infections or UTI's are most common in women, men may occasionally be affected. Patients who are injured or ill often must endure long-term catheterization, which often results in repeated urinary infections. Infection may occur due to mechanical trauma, irritation or structural abnormalities (including prostate enlargement) which block the free flow of urine. Nearly 60% of men between the ages of 40 and 59 years have an enlarged prostate gland, a condition known as benign prostatic hyperplasia (BPH) which causes symptoms of bladder obstruction -- urinary urgency, more frequent need to urinate, need to urinate at night, hesitancy, intermittent flow, reduced volume and force of the urine stream. Volume and force are important for washing away bacteria. If you are experiencing these symptoms, try **U-Tract Plus Capsules #883** and ask about **Prosta-Plex #415**, specifically designed to support the prostate.

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U-TRACT™ #869**Medical-Grade 100% Pure D-Mannose Powder, 50 grams**

According to Jonathan Wright, M.D., D-mannose will stop 90% of all urinary tract infections in just 24- 48 hours.

U-Tract #869 is pure D-mannose powder. Each bottle contains approximately 26 servings of one level teaspoon (1.9 grams) each. The powder may be taken with or between meals and mixed with either water or non-citrus fruit juice. Suggested use is 1/2 to 1 level teaspoon, three times daily, or more, as directed by a doctor. And, as a bonus, it tastes good!

Over 90% of all bladder and kidney infections are caused by the bacterium *Escherichia coli* (*E. coli*) which is found as part of the "normal microflora" in every intestinal tract. In most cases bacteria enter the urinary tract through the urethral opening. Many bacteria are simply washed away by the down-flow of urine. *E. coli*, however, are covered with tiny finger-like projections. At the tips of these projections are amino acid/ sugar complexes called "lectins" which allow the bacteria to stick to the inside walls of the urinary tract and even work their way upward. D-mannose, a naturally occurring simple sugar, sticks to the *E. coli* lectins even better than the lectins stick to human cells. When a large quantity of this sugar is present in the urine, it literally coats any *E. coli* present. They can no longer stick to the urinary tract walls and are washed away with normal urination. Only very small amounts of D-mannose are metabolized by the body. Most is excreted in the urine, so it doesn't interfere with blood/sugar regulation, even in diabetics. And, since it is absorbed in the upper gastrointestinal tract, it doesn't relocate the "friendly" *E. coli* or other beneficial bacteria normally present in the colon.

Serving size: 1 level teaspoon
 Servings per container: approx. 26

Each serving contains:
 D-Mannose 1900 milligrams
 Contains no added products

Product ID: 869
 Price: \$29.95

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U-Tract Plus Capsules #883 contain pure D-mannose powder plus Swedish flower pollen extract and synergistic herbs:

- **Cernitin™ 63 Swedish Flower Pollen Extract** works on smooth muscle tissue lining in the bladder and urethra to allow for more complete elimination of urine.
- **Cratavin**, an extract of the herb *Crataeva nurvala*, provides nutritional support for cases of chronic urinary tract infections, prevention of urinary stone formation and as a nutritional adjunct to treatment of benign prostatic hypertrophy (BPH).
- **White Willow Bark** (*Salix alba*) provides pain-relieving salicin, an anti-inflammatory agent that is converted by the liver to acetyl-salicylic acid (natural aspirin). Historically, it has also been used as an astringent and antiseptic for urinary tract infections.

Caution: Patients who take anti-coagulant drugs such as Coumadin should use U-Tract in powder form, product #869.

Serving size: 4 capsules per day, maintenance dose may be less
 Each serving contains

D-Mannose 2000mg

With Herbal factors supplied for
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